

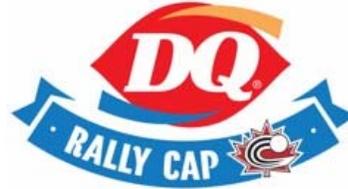


**Leduc Baseball Association (LBA)  
Suite 726, 101-5101 – 50<sup>th</sup> Avenue  
Leduc, Alberta**

## **Rally Cap (T-Ball)**

This is an introductory level to baseball for children ages 3 to 6 years old. The two main purposes of this level are to get children interested in the game and to begin preparing them to move up to Rookie level.

The LBA Rally Cap Programs follows the DQ® Rally Cap Program which is sanctioned by Baseball Canada and is the most used youth sports program in Canada.



The DQ® Rally Cap Program is an initiative to enhance players and coaches first experience with the game. The program helps teach players the five FUNdamentals of baseball in a fun and safe environment. Players have the opportunity to perform different tasks in order to earn a colored Baseball Canada DQ® Rally Cap. Cap colors correspond with various levels of achievement.

**The goals of the DQ® Rally Cap Program are:**

- Create a fun environment in which children and adults are actively engaged together in the game of baseball.
- Develop fundamental motor skills, teach baseball skills, and basic rules to our players.
- Experience success with an emphasis on good sportsmanship.
- Promote increased self-esteem among Rally Cap aged children and adults.
- Recruiting new coaches and volunteers.

Indoor development sessions start the first week of April in the Leduc Recreation Center and run two nights per week where participants will learn proper techniques for throwing, hitting, catching, fielding. The outdoor season begins the first week of May weather permitting and ends the 3<sup>rd</sup> week of June. It is our goal to provide everyone involved with a positive experience filled with opportunities to develop their skills in a positive, welcoming environment.

Unlimited coaching assistants both on and off the playing field are highly recommended. To support this directive we highly encourage and welcome parents to get involved and help out at practices and games. Volunteer Head Coaches will be trained and provided with coaching materials to support them and Head Coaching will count as their volunteer commitment.

**Learn it, Live it, Love it – Leduc Giants Baseball**